

General Gouge for IA's: nice to know, nice to have, and helpful hints (all gouge/ optional)

Support Group for Spouses of Deployed Service Members

Wednesday, 21 April; 1000-1200; Little Hall, 2034 Barnett Ave, ARC Training Room, 2nd Deck, Room 211

Spouses of deployed service members who wish to network with other spouses, learn helpful tips and information, and join activities to aid them in getting through their separations, are welcome to attend. Information is available for children as well as spouses. Child care is not currently provided, however, it may be available in the future. We are seeking suggestions for activities and informative topics. Join other spouses who are experiencing similar circumstances! Please call Ms. A. Stauffer at 703-784-2570 or Ms. J. Murphy at 703-784-2687 if you are interested in attending.

Subject: American Airlines Admiral's Club offer of OIF and OEF
[NL][NL]Admirals Club(R) Welcomes Returning U.S. Troops [PARA]

We invite U.S. military men and women to spend time between flights at American's Admirals Club in airports where USO facilities are not available or not within a reasonable proximity to their connecting domestic flight. The Admirals Club welcomes U.S. troops returning on Emergency or Rest and Relaxation (R&R) Leave from Operation Iraqi Freedom or Operation Enduring Freedom. Click the title/link for locations and qualification for Admirals Club admission.

Ideas for things you may want to bring, provided that weight isn't an issue.

walkman/ headphones or music CD's-DVD's for the computer
prepaid calling cards
mouthpiece... we may get to work on our Grey Belts?
triangular bandages from medical... good dust scarf
dust goggles
550 cord/ lighter
green fleece: it does get chilly at night
filter masks... the kind you sand drywall with... good dust mask.
digital camera and quite a few CDR's to snail mail home with the photos as emailing them takes up too much bandwidth
mosquito headnet
pillow case... can be stuffed with poncho liner for a pillow
shampoo/ soap
liquid soap in a bottle: if you don't like to take messy bar soap...
signal mirror: glass so it won't scratch with a sighting hole in the center; good if you get lost and for grooming in the morning...
pocket compass: something cheap and portable, should you get lost/ vehicle break down...
addressed envelopes (stamps)
nylon PT shorts: pajama bottoms, PT, under MOPP suit, under cammies...
scrub brush for boots
lots of gallon and quart baggies (dust proof/ water proof)
diary/journal
unscented baby wipes
boot laces
hand sanitizer, unscented no-wash
sunglasses: wrap around for dust
nylon scrubby washcloth/ "loofa": good for sponge baths
funnel: don't spill water when pour into canteen
camel back
sun screen
extra rank insignia/ promotions
zip ties
caffeine pills (warning: dehydrate)
various sized batteries

extra socks
whistle
flashlight/ bulbs